



Gate 1 closed

Gate 1 is closed for six weeks due to ongoing construction to the gate, Nelson Boulevard and Highway 115. Traffic will be detoured to Gate 2, O Connell Boulevard at Highway 115, during this time.

News

Staff Sgt. Christopher Billings, 1st Battalion, 8th Infantry, is the first from Fort Carson to swear in under the new indefinite re-enlistment program.

Military

Fort Carson cooks feed nearly 5,000 soldiers deployed to the National Training Center, Fort Irwin, Calif.
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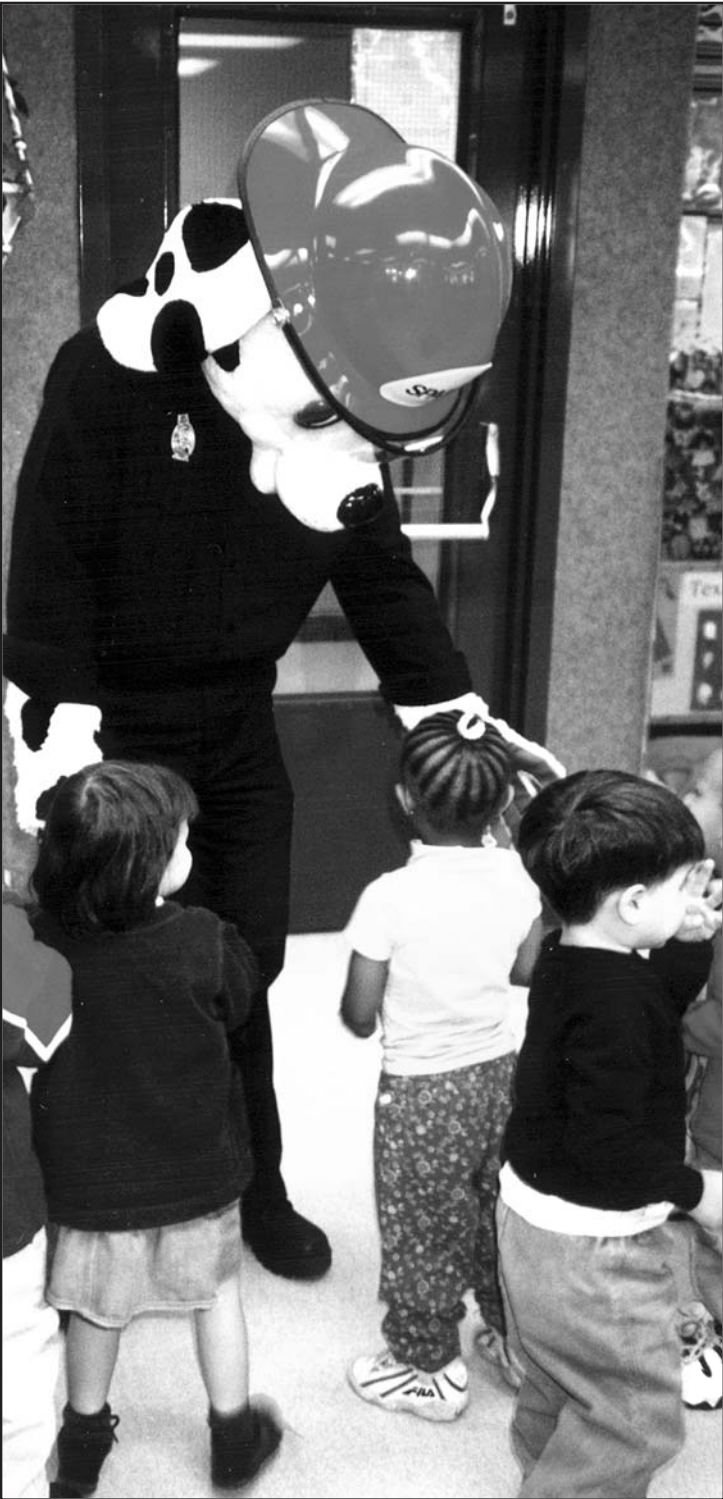
Happenings



Most of the dinosaurs on display worldwide came from Canon City. Learn more at the Dinosaur Depot



Photo by Nel Lampe



Fire Prevention Week

Above: Firefighter Shawn Springer helps Dale Martin, 4, try on a firefighter helmet at the fire prevention display at the Post Exchange. Left and below: “Sparky” the Fort Carson Fire Department mascot, also known as Shawn Springer, greets children at the Child Care Center. This year’s theme for Fire Prevention Week is “The Great Escape.” Families are encouraged to develop a home escape plan and to make sure every family member knows what to do by practicing the plan regularly. Families may pick up a mapping grid at the Fort Carson Fire Department, building 526, in order to design your home escape plan. The escape plan may also be entered in the national contest.



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Commanders



Riggs

"... DPW and DCA have made a positive impact on the quality of life for the Mountain Post Team ..."

We are investing about \$88.4 million in Directorate of Public Works construction projects for fiscal 1999 to make Fort Carson the best place to live, work and grow for the soldiers, Department of the Army civilians and family members of the Mountain Post community. Additionally, a Directorate of Community Activities joint venture with a Colorado Springs business owner has resulted in the construction of a new car wash on post at no cost to Fort Carson.

The multimillion-dollar projects, listed below, promise a positive impact on workplace environments and quality of life.

- Road repairs. The repairs include: Barkeley from O'Connell to Prussman; Specker from Khe San south to Barkeley; repair drainage systems on Barkeley, Chiles, Magrath and Specker; 3rd Armored Cavalry Regiment gravel parking lot for 200 cars; construction of a service drive from gate 4 to gate 3; and construction of six new turn lanes (southbound Specker at Prussman, westbound O'Connell at Magrath, westbound Ellis at Chiles, westbound Ellis at Wetzel, eastbound Ellis at Wetzel, eastbound Ellis at Specker). Look for details on these projects in upcoming issues of the Mountaineer. Cost of road repair is \$3.1 million.

- Additionally, new or modernized 1+1 barracks provide lockable closets and semi-private kitchenettes which include microwaves and refrigerators.

Fort Carson's initial new 1+1 barracks construction will be completed by Nov. 4, 1998, and will house an estimated 475 single soldiers, mostly from the 43rd Area Support Group. One of the buildings is already opened and occupied. We also have two additional new barracks construction projects on the books which will add an additional 1148 1+1 spaces in the next few years. More than \$85 million is committed to these new construction efforts.

- Hot Refuel Point at Butts Army Airfield. The project includes installing a prefabricated metal building that includes male and female latrines and emergency shower. The new facility will house a meteorologist weather station and hot-refueled operations center. Work begins mid-October. Cost is \$100,000.

- Renovations at Christopher's. The project includes a complete renovation of male and female restrooms. Work also includes upgrades to architectural finishes in the lobby and boardroom. Work is set to begin in January and be completed in March. Cost is \$70,000. Work will begin in January and be completed in March 1999.

- Latrine upgrades for AR/TB MED 530, Butts Army Airfield, building 9612. The project involves the construction of male and female latrines. Construction begins in the first quarter of fiscal 1999. Cost is \$27,500.

- Upgrades to Golf Course restrooms and locker rooms. Locker room renovation includes additional air handling equipment, handicapped accessibility, revised layout of shower area and upgrade of architectural finishes.

- Electrical upgrade at post headquarters, building 1430. The project includes adding a new transformer, power panel and electrical service to the entire building.

- Ammunition Holding Facility. The project

includes replacing the square-foot prefabricated building will be completed and electrical. Construction Cost is \$160,000.

- McMahon Theater. The project includes upgrade of the lobby and lobby. Cost is \$100,000.

- Renovation of the Annex. Renovations include demolition and renovation of the future site of the new building. The renovations are complete in February 1999.

- Mountain Post Car Wash. The car wash is scheduled for completion as a joint venture between the Army and a local community project. Fort Carson.

In this time of tight Defense budgets, our quality-of-life improvements are on the side.

However, the DCA, Castonguay, and the Habitzreuther, have made much-needed projects and using such innovations with Colorado Springs have made a positive impact for the Mountain Post on the surface, seem to be the Mountain Post community that

Keep up the good work. Proud to serve!

FORSCOM commander calls for safe holiday

Editor's note: the following is a Columbus Day safety message from the Forces Command commanding general.

Columbus Day will be the first long weekend of the fall season. The long weekend offers a great opportunity to enjoy the natural changes and recreational activities that signal the

beginning of the fall season. For most, taking advantage of these opportunities requires travel on America's highways.

During the Labor Day holiday period, we intensified our accident prevention actions, but still lost three soldiers in vehicle accidents. As we enter the Columbus Day holiday

weekend, we must push our loss prevention efforts up a notch. Strong chain of command accident prevention activities and aggressive emphasis on use of personal restraint systems are needed to prepare soldiers and civilians for the increased highway traffic risks and hazards of fall driving.

Pr... FORS... or fam... priorit... ties th... safe h...

News

New program allows NCOs to re-enlist in

by Spc. Bryan Beach
Mountaineer staff

The first indefinite re-enlistment at Fort Carson took place Oct. 1. Staff Sgt. Christopher Billings, from Headquarters, Headquarters Company, 1st Battalion, 8th infantry, re-enlisted for an indefinite period of time under the new program.

A short ceremony was held in the commanding general's office for the implementation of the new program. The program is a recent change to Army Regulation 601-280, the regulation pertaining to the Army retention program.

"If we do not focus on the individual soldier's pay, leave and administrative issues — if we don't take care of the individual soldier — do you know how they tell us about it? They tell us with their feet. They walk on us. They leave the Army," said Maj. Gen. John M. Riggs, commanding general, during the ceremony.

"It seems that more than anything else (the change) had to do with administrative work load," said Riggs. "The fact that there was a break in the noncommissioned officer's duties in which the finance records and the personnel records had to be brought up to date (brought about the change in policy). That administrative exercise wasn't always done smoothly."

Effective Oct. 1, regular Army career NCOs

in the rank of staff sergeant through command sergeant major with 10 years or more of active service will be required to re-enlist into the indefinite re-enlistment program. The re-enlistment is for an unspecified term of service. Soldiers with 10 years or less active service on the date of re-enlistment will still re-enlist for a specified term under existing policies, said Master Sgt. Anthony Zangrilli, installation retention sergeant major.

"I've been waiting on it to come around," said Billings before the ceremony. "I know they've been working on it for the last couple years, and we've just been waiting for it to be approved. For me, I've got over 10 years in and not too long until retirement, and this is my way of saying I'm going all the way with it. I think the biggest benefit is that it makes the NCO commit to the Army and it benefits the Army by keeping quality NCOs in."

"This program permits our career soldiers the prestige and the opportunity to manage their own



Major Gen. John M. Riggs, left, commands the ceremony in Staff Sgt. Christopher Billings' re-enlistment during Fort Carson's first indefinite

careers more effectively by re-enlisting every five years.

"Once they are re-enlisted, they will have the peace of mind allowed to serve honorably until their eligibility date or retirement date."

For more information on the re-enlistment program, contact the career counselor, Sgt. Major.

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Army leaders to sign historic agreement

U.S. Forces Command

Washington D.C. — On Monday, Army leaders will sign the historic Memorandum of Agreement that will implement two Active Component/Army National Guard Integrated Divisions. This action is a giant step to further the integration of the Active Army and Army National Guard structure. This MOA will be signed by leaders from the Active Army and Army National Guard in the presence of Army leaders in Washington D.C.

The MOA sets forth the basic operational procedures by which the Active Army and Army National Guard Integrated Divisions will function. It provides the foundation of the division composition and organization, the mission, command relationships, command and control, personnel, funding, training, logistics, and mobilization and deployment details. It recognizes the dual-status of members of the Army National Guard and the distinct roles of the state and federal governments. The MOA signing brings the vision of the Active Component/Army National Guard Integrated Divisions to reality.

This initiative is fully supported by Guard Adjutants General of the affected states. “The National Guard leadership is supportive and enthu-

siastic about this significant step that furthers the integration of the Active and National Guard combat structure," said Maj. Gen. William A. Navas, Jr., former director, Army National Guard.

The two divisions will come into existence and be fully operational by October 1999.

In 1995, the Commission on Roles and Missions recommended a greater integration and cooperation between the Army's Active and Reserve components. In August of that year the Army initiated a study called the Army National Guard Division Redesign Study in response to CORM recommendations. One of the results of the ARNG Division Redesign Study was a proposal to form two integrated warfighting divisions. Each integrated division would consist of an active component headquarters and three enhanced Army National Guard Separate Brigades. This proposal was approved by the Secretary of the Army on May 23, 1996.

On Aug. 6, 1997, following a study conducted by U.S. Army Training and Doctrine Command, the Secretary of the Army directed establishment of the Implementation Process Action Team under the direction of the commanding general, U.S. Army Forces Command. The result of the first phase of

the work, selection of
Army National Guard
Army headquarters,
of the Army on Dec

On Dec. 3, 1997, the Army announced the plan to reorganize the Component/Army National Guard divisions.

The initiative creates the 21st Century. Each active component division Army National Guard. The first division headquarters will be located at Fort element at Fort Jackson. rate brigades are the Brigade of North Carolina Infantry Brigade of Infantry Brigade of division headquarters located at Fort Carson. rate brigades are the Arkansas, 41st Infantry Brigade of

Community

Commissary shoppers help raise funds for Red Cross

American Red Cross

In October, the American Red Cross will benefit from United States commissary sales of more than 53 national brand products from 19 major grocery manufacturers. The promotion, Helping Military Families Today, will benefit Red Cross Armed Forces Emergency Services, which assist military families when Help Can't Wait. This program will run as part of the annual anniversary sale held each October to provide maximum savings to commissary shoppers.

Beginning Oct. 5 participating products will be discussed with commissary shoppers and a contribution has been made to the Red Cross by the manufacturers based on the number of their brands participating in the program. Special displays and signs in the store will highlight participating products during October. Additional product discounts will be offered through coupons by some manufacturers in the Military Lifestyle Red Cross supplement distributed in commissaries throughout the United States.

Military families wishing to support

American Red Cross Armed Forces Emergency Services may do so by purchasing specifically marked products in their commissary during October. More information is available through the nearest Red Cross station located on most installations.

Participating manufacturers are Best Foods, Campbell Soup Co., Colgate-Palmolive, Del Monte Foods, Dial Corporation, First Brands, General Mills, Kellogg's, Lederle, M & M/MARS, Mott's USA, Nestle USA, Proctor & Gamble, Drypers, Helen Curtis, Monarch Crown, Tyson, Unex and Vlasic Foods.

The American Red Cross Armed Forces Emergency Services serves members of the military and their families through 213 Red Cross stations providing services to 569 military installations in the United States and abroad. Nearly 600 paid staff and more than 45,000 volunteers delivering services to military families are supported throughout the country by more than 1,300 active Red Cross

chapters.

Chartered by the United States Congress to provide assistance to military families, the Red Cross has a historic partnership with the military that dates back to when Red Cross



Photo by Pfc. Socorro A. Spooner

These are a portion of the manufacturers' products participating in the the "Helping Military Families Today" promotion.

‘Flu Clinic’ set to begin Oct. 16

Evans Army Community Hospital

Every year the Department of Defense requires every active duty soldier to receive a yearly influenza vaccine. The vaccine is produced in conjunction with a variety of organizations aimed each year at preventing expected strains of the virus for that upcoming winter. The vaccine is usually distributed in the early fall with a focus on immunization prior to the peak influenza season in the winter months.

Influenza is an acute respiratory infection caused by a variety of viruses. The most familiar aspect of the flu is the way it can knock you off your feet as it sweeps through an entire community. Flu differs in several ways from the common cold, a respiratory infection caused by viruses. Flu is usually signaled by headache, chills and a dry cough, which are followed rapidly by body aches and fever.

Typically, the fever starts to decline on the second or third day of the illness with the increase in the upper respiratory symptoms, most notable nasal congestion and a sore throat. Although some people get a mild upset stomach or diarrhea, influenza usually does not have prominent gastrointestinal symptoms. After a person has been infected with the virus, usually by someone who has the disease and is coughing or sneezing, symptoms will appear within two to four days.

The infection is considered contagious for another three to four days after the symptoms appear. Influenza can spread rapidly to unprotected individuals and then an outbreak occurs. It is not hard to imagine how such a situation could negatively affect unit readiness

People at greatest risk of catching the flu:

- those over 65 years or age
- people with chronic cardiovascular, pulmonary, or metabolic diseases (including diabetes)
- those with renal dysfunction, anemia, immunosuppression or asthma
- residents of nursing homes and other chronic-care facilities
- children receiving long-term aspirin therapy
- children six months or older with respiratory disorders
- individuals who reside with or provide care to high risk patients as noted above
- medical care personnel with patient contact
- women who will be in the second or third trimester of pregnancy during the influenza season.

and the military mission.

In addition to active duty soldiers, the vaccine against influenza should be given for those individuals who are at greatest risk of serious complications from coming down with the flu:

- those over 65 years or age
- people with chronic cardiovascular, pulmonary, or metabolic diseases (including diabetes)

- those with renal dysfunction, anemia, immunosuppression or asthma
- residents of nursing homes and other chronic-care facilities
- children receiving long-term aspirin therapy
- children six months or older with respiratory disorders
- individuals who reside with or provide care to high risk patients as noted above
- medical care personnel with patient contact
- women who will be in the second or third trimester of pregnancy during the influenza season.

It is important for those at risk to receive vaccination annually since previous vaccination may offer little or no protection against strains that have undergone substantial changes known as antigenic drift. Any individual may benefit from immunization. Bear in mind, however, that there are a few people who should not receive the vaccine. This would include anyone with an allergic hypersensitivity to eggs.

The Fort Carson influenza vaccination program will begin on Oct. 16. A Flu Clinic will be operated on the 5th floor of Evans Army Community Hospital from 6:30 a.m. to 4:30 p.m. for six consecutive Fridays beginning Oct 16 and ending Nov. 20. No appointments are necessary and all beneficiaries are eligible to receive the vaccine.

Individuals coming in to receive the vaccine are reminded to bring their shot records and medical records so that the vaccination

AFAP offers solutions to soldiers, families

Army Family Action Plan

The Fort Carson Army Family Action Plan Conference was held in February. The purpose of the AFAP is to identify issues affecting quality of life of soldiers and their families and propose solutions that build self-reliance. More than 120 Fort Carson community members participated in the forum.

The conference had four main objectives: First, to form work groups that represent the Total Army Family; second, reinforce efforts to enrich the quality of life of all members of the community; third, further unite the community and spread caring to its soldiers, families, civilians, and retirees; and finally, to disseminate symposium results and provide feedback to the community.

Each of the eight work groups formed had the specific goal of assisting Army leadership in identifying and prioritizing soldier and family quality of life issues. The objectives for the work groups were threefold: To select specific, clearly articulated issues affecting quality of life; next, to formulate recommendations to solve these issues; and finally, to select the top five issues of the conference.

Five top issues were selected during the conference. These issues were sent to Forces Command to become a part of a larger process leading to the five top issues for resolution at the Department of the Army. Staff Sgt. Mike Foster of the 4th Engineers was one of our Fort Carson representatives who attended the FORSCOM conference. He was then selected to represent FORSCOM at the DA level. About 90 percent of issues raised at

local AFAPs can be resolved at the installation level. In a series of articles we will be providing you with the feedback on each of the more than 200 issues raised during the AFAP Conference. We will begin with one of the top five as voted on by the forum participants.

TRICARE is dysfunctional because there are not enough civilian doctors. Currently TriWest has 24 Primary Care Managers, and 161 specialists under contract for the TRICARE Colorado Springs and Pueblo network with identified shortages only in anesthesiology, dermatology, and child psychiatry. Patients may not be able to see the exact provider of choice, but there is no lingering problem with the overall quantity or quality of the Colorado Springs TRICARE network. TRICARE Prime reimbursement rates are based on the CHAMPUS Maximum Allowable Charges which are national rates established by the TRICARE Management Agency West based on congressional mandate.

Over the last three years CMAC rates have been adjusted to be comparable to Medicare reimbursement rates. The Managed Care Support Contract Request for Proposals allows the Contractors to negotiate further discounts off the CMACs for TRICARE Prime. This is a basic element of all the TRICARE contracts and no Installation or MTF Commander can influence how these negotiated rates are established.

TRICARE is dysfunctional because of delays in referrals. During preparation for the TRICARE Program implementation, Department of Defense Health Affairs went to

great lengths to ensure that the TRICARE contractors would be accountable for fulfilling contract requirements. Lead Agents were established in every region to oversee contract compliance. The lead agent has an administrative contracting officer and staff that have developed an extensive contract surveillance program where specific contract requirements are surveyed and reported on each week.

On several issues in this current contract, the Department of Defense Health Affairs has withheld contract moneys for TriWest's inability to meet or exceed contract requirements. We view contract compliance monitoring to be more than adequate for this program. Evans Army Community Hospital hired a contracting officer technical representative to assist the lead agent in its monitoring function. The timeliness of referrals is one of the primary standards, which the COTR has monitored. TriWest has met government standards in processing referrals.

TRICARE is dysfunctional because it is difficult to make appointments (inadequate appointment staff at peak times). Within the request for proposal for the TRICARE contract, the government specified the services it wanted performed and performance standards that it expected the contractor to meet. The government cannot delineate how the contractor should be organized to perform these services or how many staff members to hire to fulfill contract requirements.

On Dec. 1, 8, 15 and 29, the EACH COTR,

See AFAP Page 9

Domestic violence affects spouses, families

Family Advocacy Program

October is National Domestic Violence Awareness Month. With the Army's theme being Domestic Violence Prevention: Today's Choice for Generations to Come. How do you want to be remembered? It is only natural that we all consider the effects of domestic violence on our children.

Even though we no longer have *Leave It To Beaver* or *Father Knows Best* on television, the American family is still traditionally viewed as a source of love, support and nurture for its members. Marriage partners make commitments to love, honor, cherish and protect; and parents are expected to care for and nurture their children.

While these expectations may be met in many families, family violence is the grim reality in many of our homes. Recent estimates suggest that spouse abuse occurs at least once over the course of 30 percent of marriages in the United States. A study conducted by the National Institute of Mental Health estimated the incidence of physical marital violence at between 50 and 60 percent. Three separate surveys conducted on Fort Carson between 1990 and 1994 supported these statistics.

Even with the most conservative estimates, it is clear that a substantial number of children live in violent homes. In 90 percent of the cases where their mothers have been assaulted, children were either in the same room or in the next room. For children, being exposed to violence between their parents is a traumatic

experience.

Many people do not realize that when spouse abuse occurs in a family, the children are also very likely to be negatively affected. The most accurate description of these unwilling observers—the unintentional victims—is that they are emotionally abused. High levels of behavioral and emotional problems are often the result of children observing spouse abuse. Both boys and girls may show the impact by being aggressive and disobedient as well by being depressed and anxious. Other difficulties include physical symptoms, lower school skills and achievement and poor problem-solving skills.

Think of it. The first and most basic stage of personality development is related to the development of trust in other people, and that is the very thing that is being disrupted by family violence. An added stressor for many of our children is that, in addition to being observers of violence between their parents, many are physically abused themselves. In violent homes, chances are about one in two that if spouse abuse is present, child abuse is also occurring, and vice versa.

A home where your parents are hurting each other physically and emotionally, and where you may be experiencing inconsistent and/or harsh discipline, is a very scary place for any child. In fact, many of the signs of distress in children of abused women are very similar to post-traumatic stress disorder symptoms. We know that the more types of violence children are exposed to, the less well adjusted

they will be. And while it is clear the exposure to family disputes has immediate emotional and behavioral impacts on children, it may also have long-term effects. Children of abusive couples may mature into the next generation of abusive/abused husbands and wives.

When children cannot pay attention in school, seem always to be sad, have stress disorders, are engaged in delinquent behavior, are sexually acting out, are running away, are abusing alcohol or drugs, have low self-esteem, are socially isolated with few friends, have feelings of powerlessness and hopelessness, are confused and insecure, are lying, cheating or stealing, blaming themselves for what's going on at home, are attempting suicide and who assume that violence is normal

let's remember these behaviors may have roots in the domestic violence in their homes.

Do we really want children to be exposed to violent role models in their own homes; children who must cope with the stress and fear of a parent being injured and of themselves being similarly victimized by either or both parents? The Army's answer is a definite no, and we all have a part to play to help protect and nurture our silent victims of domestic violence.

How do you want to be remembered? What can you do? As a parent, if you are in an abusive relationship, get help—not only for yourself, but also for the sake of your children. As a neighbor, get involved so that violent parents may take responsibility to change their damaging behaviors. As a supervisor or co-worker of someone in a domestic violence situ-

AFAP

From Page 7

acting in the capacity of a TRICARE Prime enrollee, made anonymous calls to TriWest's appointment center to test TriWest's responsiveness and ability to make appointments. At no time did she have to wait more than four minutes to be connected to an appointment clerk. The appointment system continued to be monitored in March and April with no significant findings.

TRICARE is dysfunctional because it is inadequate and inaccurate communication among TriWest, the MTF, and beneficiaries. By contract requirement, TriWest has planned and conducted monthly education and information seminars within Colorado Springs for interested beneficiaries. They also supported all requests for special briefings or educational forums for Family Support Groups, units or retiree associations. Even though these seminars were publicized in the post newspaper, often less than 10 beneficiaries attended these programs.

TriWest also has formed a Retiree Advisory

Council that meets on a quarterly basis to discuss issues related to TRICARE. EACH runs a Patient Representative Office and a Managed Care Office operation that routinely reviews and assists in resolving TRICARE issues. With all these mechanisms currently available to our beneficiaries to submit complaints or grievances about TRICARE, EACH would recommend working through the existing councils and structures that are already available rather than establishing a separate community forum to accomplish the same purposes. EACH would also recommend that beneficiaries be encouraged to review TriWest's TRICARE Benefits Information Packet and/or Quarterly Newsletter, The Prime Times for local program update.

TRICARE is dysfunctional because over 65 is not included, i.e. Subvention. EACH has been selected to participate along with the 10th Medical Group (USAF Academy Hospital) in the TRICARE Senior Prime Demonstration. This demonstration will allow us to enroll up to 3,200 over 65 beneficiaries into TRICARE Senior Prime with a Military Treatment Facility Primary Care Manager.



Program Schedule for Fort Carson cable channel 10, Friday to Oct. 15.

Amy Newswatch: includes stories on 1st Cavalry Division to Bosnia, new Physical Training uniform and new menus for meals ready to eat. Airls at 7 a.m., noon, 7 p.m. and midnight.

Air Force News: includes stories on new unmanned aerial vehicles, Stray Goose crew memorial service and the Andrews Squadron. Airls at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: includes stories on Marine Corps translators, an interview with the Chief of Naval Operations and Navy football highlights. Airls at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Learn more about wildlife on Fort Carson with A Matter of Survival, which airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and

Chapel

Protestant Sunday School at Soldiers Memorial Chapel will be conducted every Sunday at 9:30 a.m. at the chapel for all ages.

An account has been established to receive donations toward the replacement of sanctuary furnishings destroyed during the January fire at Soldiers Memorial Chapel. Send checks or money orders to the chapel or the Installation Chaplain's Office.

Hallelujah Fun Night is scheduled for Oct. 31 from 6 to 8:30 p.m. at Soldiers Memorial Chapel. Dinner will be served from 6 to 6:30 p.m. The evening includes games, singing, prizes, candy, and a costume parade. No scary costumes. There will be door prizes for parents.

Protestant Youth of the chapel invites all high school youth to meetings every Sunday at Soldiers Memorial Chapel beginning at 6:30 p.m. for fun, food, music, games and more.

Catholic Religious Education classes are being offered for all ages Sunday morning from 10:45 a.m. at Soldiers Memorial Chapel.

Chapel Schedule

ROMAN CATHOLIC

Chapel	Service	Day	Time	Location	Contact Person
Healer	Mass	Sunday	11 a.m.	Evans Army Hospital	Fr. Gagliardo/526-7386
Healer	Mass	M - W-F	11:45 a.m.	Evans Army Hospital	Fr. Gagliardo/526-7386
Provider	Mass	Sunday	12:15 p.m.	Barkeley & Ellis	Chap. Cavanaugh/526-5769
Soldiers	C C D	Sunday	10:45 a.m.	Nelson & Martinez	Ms. Feldman/526-0478
McMahon	Mass	Sunday	9:30 a.m.	Bldg. 1517	Chap. Cavanaugh/526-5769
Veterans	Mass	Sunday	8 a.m.	Magrath & Titus	Chap. Cavanaugh/526-5769

Changes in worship services due to the fire at Soldiers Memorial Chapel are denoted in bold type.

LITURGICAL

Provider	Liturgical	Sunday	10:30 a.m.	Barkeley & Ellis	Chap. Brock/526-1473
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PROTESTANT

Healer	Protestant	Sunday	9 a.m.	Evans Army Hospital	Chap. Tarvin/526-7387
Prussman	Prot/Samoan	Sunday	8 a.m.	Barkeley & Ellis	Chap. Hamrick/526-4206
Provider	Sun. School	Sunday	10:15 a.m.	Barkeley & Ellis	Chap. Duvall/526-4416
Provider	Protestant	Sunday	9 a.m.	Barkeley & Ellis	Chap. Stephen/526-4416
Prussman	Sun. School	Sunday	9:30 a.m.	Barkeley & Prussman	Chap. Giles/526-4206
Prussman	Prot/Gospel	Sunday	11 a.m.	Barkeley & Prussman	Chap. Giles/526-4206
Soldiers	Sun. School	Sunday	9:30 a.m.	Nelson & Martinez	Dr. Scheck/526-5626
McMahon	Protestant	Sunday	11 a.m.	Bldg. 1517	Chap. Cooper/526-8011
Veterans	Protestant	Sunday	9:30 a.m.	Magrath & Titus	Chap. J. Hartranft/524-1822
Veterans	Protestant	Sunday	11 a.m.	Magrath & Titus	Chap. Simo/526-8890

For additional information contact the Installation Chaplain's Office, Bldg. 6227, at 526-5209. For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636. Normally, free child care is available for infants and preschool age children during on-post worship services. Some worship services offer a children's church for ages 6 to 12.

Daily Bible Readings

In order to assist in regular scripture reading, the following scriptures are recommended. These are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Saturday, Psalms 119:25-32 & Ezekiel 1-3
Sunday, Psalms 119:33-40 & Ezekiel 4-6
Monday, Psalms 119:41-48 & Ezekiel 7-9
Tuesday, Psalms 119:49-56 & Ezekiel 10-12
Wednesday, Psalms 119:57-64 & Ezekiel 13-15
Thursday, Psalms 119: 65-72 & Ezekiel 16-18

Chaplain s Corner

Commentary by
Chap. (Maj.) James R. Stephen
Installation Chaplains Office

A popular phrase today is "Don't sweat the small stuff." But, in fact, life is made up of small stuff—little details that combine, like stitches in a tapestry, to make a work of art.

Think of the little things that have meant so much to you—the encouragement you still remember from a teacher or coach; the compliment that made you believe in your abilities; the flowers or phone call that arrived just as you were feeling your lowest; the babysitter who let you make green eggs and ham; or the neighbor who never forgets your birthday.

To the giver, these little moments seem

almost insignificant. But, to the receiver, the ever so small can be infinitely important when done just at the right moment. Small events can make the difference in whom we marry, what career we choose and what we do with our lives.

Christ spoke of faith—the size of a grain of mustard seed—being able to move mountains. He also said, "... out of small things proceedeth that which is great."

Little things don't take much effort, yet the dividends are enormous; a loving note tucked into a child's lunchbox; a cup of hot chocolate brought to a teenager who's staying up late to study; a trash can brought in for a neighbor; a few minutes rubbing the shoulders of a weary

spouse. Every small act of kindness indelibly etches us into the heart of another.

Even being able to admit our mistakes teaches our children that they, too, can admit when they are wrong. A boy can learn to forgive when he sees his father forgive someone who cheated him in his business. A girl who sees her mother take a meal to a poor family down the road learns an indelible lesson in generosity.

Don't hold back because you think your gift is meaningless. Remember the details of your own life's tapestry—some of the smallest events were some of your most important moments. If one candle can light a thousand others, one act of kindness can, indeed, make

Where and When

Directorate of Community Activities facilities

Physical fitness centers/swimming pools

Garcia PFC
M-F 6:30 a.m.-10 p.m./weekends and holidays 10 a.m.-5 p.m.
McKibben PFC
M-F 6:30 a.m.-10 p.m./weekends and holidays 6 a.m.-1 p.m.
Waller PFC
M-F 6:30 a.m.-10 p.m./weekends and holidays 3-10 p.m.
Mountain Post PFC
M, T, W, F 6:30-9:30 a.m. (Open for after-PT showers only)
Forrest FC
M-F 5:30 a.m.-10 p.m./weekends and holidays closed
Post Field House
M-F 6:30 a.m.-10 p.m./weekends and holidays closed
Indoor Swimming Pool
M-F 6:30 a.m.-9:30 p.m. (lap swimming from 6:30-8:30 a.m./open swimming from noon-10 p.m.)/weekends and holi-
days, closed
Outdoor Swimming Pool closed

Miscellaneous

Grant Library, building 1528, ph: 526-2350
M-Th 11 a.m.-8 p.m./Fri. 11 a.m.-4 p.m./Sat. and Sun. 10 a.m.-6 p.m.
Multi-Craft/AutoCraft/WoodCraft Centers
W, Th. and F 1-8:30 p.m./weekends and holidays 9 a.m.-4:30 a.m./Mon. and Tues. closed
Community Thrift Shop, building 1341, ph: 526-5966
T, W, Th. 10:30 a.m.-2:30 p.m./ Fri. through Mon. closed
Turkey Creek Recreation Area, ph: 526-3905
W -F 10 a.m.-3:30 p.m./Sat. and Sun. 10:30 a.m.- 4 p.m./Of fice hours: W -Sun. 8 a.m.-4:30 p.m.
Information Tour & Travel, building 1532, ph: 526-5366
M-F 9 a.m.-6 p.m./Sat. 9 a.m.-1 p.m./closed Sun. and holidays
Carlson Wagonlit Travel, building 1532, ph: 576-5404
M, W, Th, F 9 a.m.-6 p.m./Tues. 9 a.m.-5 p.m./weekends and holidays closed
Outdoor Recreation Complex, building 2429, ph: 526-2083
M-Sun. 10 a.m.-5:30 p.m./holidays 10 a.m.-4 p.m.
Pueblo Deli (Elkhorn,) building 7300, ph: 576-6646
M-F 11 a.m.-1:30 p.m./closed weekends and holidays
Fatz Pool and Darts, building 1129, ph: 526-4693
T-Th 11:30 a.m.-midnight/F-Sat. 11 a.m.-2 a.m./Sun. 1 p.m.-mid-
night/Mon. closed
Decades Niteclub
Wed. 5 p.m.-12:30 a.m., Th. 3 p.m.-2 a.m./Fri. 4 p.m.-2 a.m./Sat. 7:30 p.m.-2 a.m./Sun. 4:30 p.m.-12:30 a.m./Mon. & Tues. closed
The Bowling Center, building 1511, ph: 526-5542
Sun.-Th. 11 a.m.-11 p.m./Fri & Sat. 11 a.m.-1 a.m.
Cheyenne Shadows Golf Course, ph: 526-4122
M-Sun. 6 a.m.-7:30 p.m.
Youth Center
M-Th. 3-8 p.m./Fri. 3-9 p.m./Sat. 1-9 p.m. closed Sun. & holi-
days

Army and Air Force Exchange Service facilities

Barber/Beauty Shops

Ivy Troop Store Barber Shop, building 2355
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
Prussman Troop Store Barber Shop
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
Barber Shop, building 1161
M-F 7:30 a.m.-4p.m./weekends and holidays closed
Evans Beauty Shop, building 7500 ph: 540-0462
M-F 9 a.m.-5 p.m./weekends and holidays closed
Post HQ Barber Shop, building 1430



Post Commissary

The Fort Carson Commissary hours of operation are Monday, Tuesday, Friday and Saturday from 9 a.m. to 7:30 p.m.; Sunday from 9 a.m. to 5 p.m.; and Thursday 9 a.m. to 8 p.m. Closed W ednesdays.

Mon. only 7:30 a.m.-4 p.m. (closed holidays but open next busi-
ness day)
Welcome Center Barber Shop, building 1218
Mon. and Th. only 7:30 a.m.-4 p.m.
Main Store Mall Barber and Beauty Shops, building 6110,
ph: 576-6459
M-Sat. 9 a.m.-7 p.m./Sun. and holidays, 10 a.m.-6 p.m.
Mini Mall Barber Shop, building 1510, ph: 576-8013
M-F 7 a.m.-6 p.m./Sat. 8 a.m.-6 p.m./Sun. 10 a.m.-5 p.m.
closed holidays

Shoppettes/service stations

B Street Shopette, building 900
M-F 5 a.m.-midnight/weekends 6 a.m.-midnight
Service Station, building 1515
M-F 6 a.m.-7 p.m./Sat. 8 a.m.-6 p.m./Sun. 10 a.m.-4 p.m.

Alterations

Military Clothing Sales Store, building 307, ph: 576-4516
M-F 9 a.m.-6 p.m./Sat. 9 a.m.-3 p.m./closed Sun. and holidays
Mini-Mall, building 1510, ph: 576-4304
M-Sat. 9 a.m.- 6 p.m./Sun. 10 a.m.-5 p.m./closed holidays

Miscellaneous

Burger King (Specker), building 1520

M-F 6 a.m.-9 p.m.(drive thru until 10 p.m.)/Sat. 7 a.m.-9 p.m.
(drive thru until 10 p.m.)/Sun. 8 a.m.-9 p.m.
Kentucky Fried Chicken, building 1533, ph: 579-8237
M-Sun. 10:30 a.m.-10 p.m.
Class 6, building 1524
M-Sat. 9 a.m.-9 p.m./Sun. 11 a.m.-5 p.m.
Class 6 Annex, building 3572
M-Sat. 10 a.m.-7 p.m./closed Sun.
Laundromat, building 6089
M-Sun. 7 a.m.-10 p.m.
Car rental, building 980, ph: 527-4744
M-F 7:30 a.m.-6 p.m./Sat. 9 a.m.-2 p.m./closed Sun.
TV Repair/UHaul, building 1008, ph: 579-9344
M-F 10 a.m.-5:30 p.m./Sat. 8 a.m.-noon/ closed Sun. and holi-
days
Sprint Office, ph: 579-7463
M-F 9 a.m.-6 p.m./Sat. 10 a.m.-2 p.m./closed Sun. and holidays
Main Store Mall, building 6110
M-Sat. 9 a.m.-9 p.m./Sun. and holidays 10 a.m.-7 p.m. (Flower
Shop, Vitamin Expo, Optical Shop and AT&T Kiosk)
Main Store Mall Espresso Cart
M-F 8 a.m.-3 p.m./Sat. and Sun. 8 a.m.-4 p.m./closed holidays
Mini Mall, building 1510

Military

Carson cooks feed an Army at NTC

by Pvt. Zach Mott
14th Public Affairs Detachment

FORT IRWIN, Calif. — A ton of meat, 800 pounds of eggs and a small harvest of potatoes.

That's what it takes every morning to feed the nearly 5,000 troops gathered at the National Training Center here for 3rd Brigade Combat Team's Sandstorm Strike.

But that doesn't happen by magic alone. Those making it happen are the cooks who come from some of the many units assembled here for 3rd BCT's rotation.

And they love their job.

"I love to feed the soldiers. If they're happy, I'm happy ... it means I've done a good job," said Sgt.

Marshall Brown, a cook with 3rd Battalion, 29th Field Artillery.

Whether starting or finishing their day, for the soldiers living in the "Dust Bowl" these hot meals can be a highlight to their hours filled with sand and sweat.

"A hot meal is better than an MRE (meal ready to eat) any day, it helps bring morale up," said Pfc. Justin Bellovich, Headquarters, Headquarters Battery, 3rd Bn., 29th FA.

Each morning the cooks start their workday by firing up the M2 burning units at 3 a.m. and heating the first of the chow. By 6 a.m., the first eggs are placed on a plate and by 8 a.m. the final strip of bacon is

draped across a piece of french toast.

Meals aren't the only thing served at the field dining pads.

"Even though we're serving food, we also try to serve a smile, too," said Pvt. Wesley Holder, a cook with the 4th Engineer Battalion.

Each of the four field dining pads serve more than 1,600 soldiers at each meal, said Staff Sgt. Thomas Jackson, 3rd Bn., 29th FA, non-commissioned officer in charge of pad 1.

To make sure hungry soldiers aren't fed by overworked cooks a shift plan was implemented.

Each shift, soldiers work 12 hours prepping, serving and cleaning up after meals, Jackson said.

Like anything else in the army, cooking and serving is not a one-soldier operation.

The units bringing the hot chow to the soldiers are cooks from the 1st Battalion, 44th Air Defense Artillery, 64th Forward Support Battalion, the 3rd Armored Cavalry Regiment, 3rd Bn., 29th FA and the 4th Engineer Battalion.

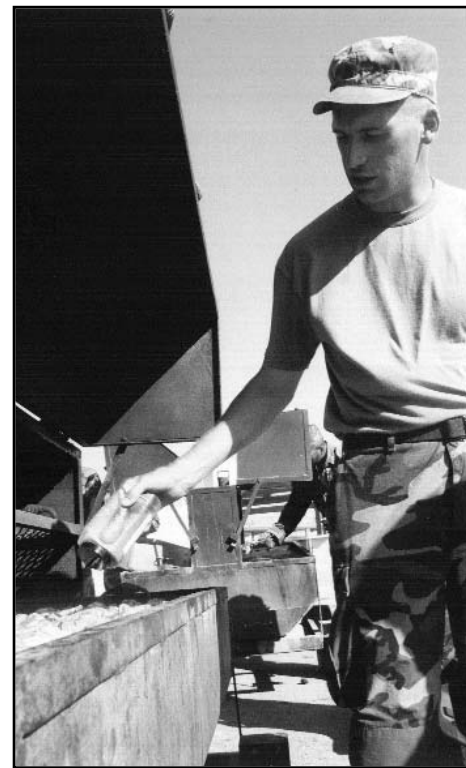
Teamwork and cooperation are ingredients to success.

"With support from fellow soldiers, cooking a meal is a whole lot better," Brown said.

The cooks feel unappreciated at times, but a few simple words go a long way.

"We have soldiers from different units in each pad, and they're doing an outstanding job," said Jackson.

"It's good to hear a thank you or somebody tell us it was a good meal.



Photos by Pvt. Zach Mott

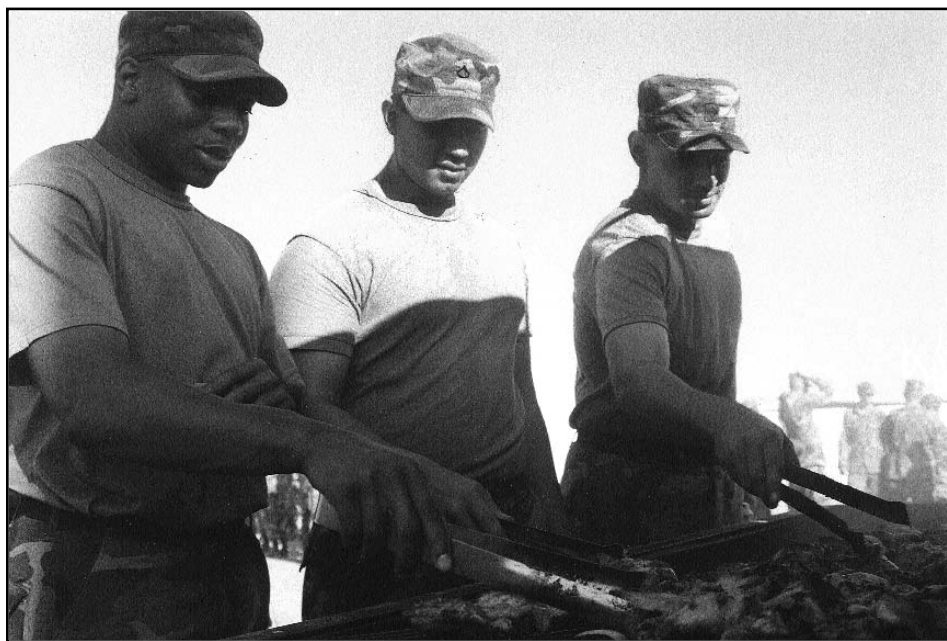
"Adding spices to each meal gives the food a little flare," said Sgt. Marshall Brown, 3rd Battalion, 29th Field Artillery.

It helps us (cooks) know that we're doing right," Holder said.

Currently soldiers staying in the dust bowl are on a fresh meal, MRE, fresh meal cycle. However, when they move out to the maneuver area the meal plan will change according to mission requirements, Jackson said.

But he knows the importance of the job he and the other cooks are doing.

"You can't beat a hot meal," said Jackson.



Private Philip Brown, 3rd Bn., 29th FA, left, Pfc. Bento Perez, 3rd Armored Cavalry Regiment, center, and Spc. Rafael Machado, 3rd Bn., 29th FA, cook chicken to be served for dinner as a line forms behind them.



Soldiers from 1st Platoon are "screeding" and finishing one of three concrete tank turn pads at Range 109. The concrete pads let tanks turn at points along the track without causing damage to the range.

Engineers upgrade Fort Carson's Range 109

Story and photos by 1st Lt. Rollande Sampson
52nd Engineer Battalion

During the summer, Bravo Company of the 52nd Engineer Combat Battalion, Heavy, began construction up grades on Range 109 in preparation for the arrival of the M1A2 Abrams Tank. During this intensive construction project, Bravo Company's three construction platoons completed more than 1,200 meters of tank trail, two vehicle fighting positions, three target pits, placed more

than 100 cubic yards of concrete and moved more 200,000 cubic yards of material.

Range 109 provided many challenges for the company's two general construction platoons and the earth-moving construction platoon. It required platoons to integrate their work schedules in order to accomplish the mission.

Leaders had to plan their individual construction tasks together in order to support other projects and to share resources. Soldiers from different pla-

toons learned about other military occupational specialties and equipment.

I've learned the process used in building a fighting position, from building the wall and building a concrete pad, said Spc Christopher Toler, 1st Platoon. I also had the chance to watch earth moving platoon build a road from scratch.

The general construction platoons constructed the fighting positions and target pits which provided an excellent opportunity to train on MOS skills. Soldiers were trained on new tool systems and improved their carpentry skills. Range 109 also allowed the vertical platoons to conduct several concrete placements. First platoon completed three separate concrete turn pads. Each squad in the platoon had the opportunity to place their own pad.

Placing the concrete pads gave my squad an excellent opportunity to work and learn as a team, said Spc. Yusef Reid.

The target pits were completed by 2nd Platoon. During their construction, 2nd Platoon conducted their concrete placements by using the Headquarters and Support Company's equipment. Platoon's concrete mobiles. By using assets internal to the battalion, they were able to control all aspects of their construction and provided an excellent unit with quality training.

The training received by my soldiers will be based and will play a major role in their future success in the Army, said Sgt. Jeffery Richter. The concrete and masonry work helped my squad become a stronger unit.

The earth moving platoon, the company's horizontal construction asset, completed construction on the tank trail and removed more than 20,000 cubic yards of material from the existing side. Soldiers within the platoon were giving an excellent opportunity to train on multiple pieces



Dozers removing part of a hill at Range 109 providing a line-of-sight view of the targets for the tanks. The dozers also helped construct several roads as part of the project.



A concrete mobile from Headquarters and Support Company assisted by pouring concrete for 2nd Platoon.



A maintainance wrecker arrives with a new tire to change a flat, helping overcome an obstacle and complete the mission.

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First Platoon soldiers spread the freshly poured concrete. The project provided an excellent training and learning experience for all.

3rd ACR semi-annual “Spur Aspirants” ride to earn their spurs

The Cavalry is rich with tradition. Soldiers from the 3rd Armed Cavalry Regiment are easily identifiable on their way to formal functions, wearing their large Stetsons and shiny spurs. Although the Stetson can be worn by any member of the 3rd ACR, soldiers must meet strict requirements to become a member of the Order of the Spur, and thus earn the right to wear spurs. Most members of the order would agree that of all the requirements, the Spur Ride is the most challenging.

Semi-annually, members of the 1st Squadron, 3rd ACR hold the Spur Ride for all “spur aspirants” hoping to earn their spurs. The day begins at 6:30 a.m. when the aspirants are placed in teams of three to five members and then driven to sites where the fun begins.

First Squadron’s last Spur Ride was held in Training Areas 2, 3, 4 and 5. The ride consisted of teams using various land navigation methods to move from one troop or battery site to another. These methods included distance and azimuth, using a reverse image of a map of several cut-up pieces and terrain association.

At each of the sites, a troop or battery in the squadron tested the team on its ability to complete various technical skills. This year’s tasks included: call for fire, employ a Stinger missile, emplace an M-8 chemical alarm, conduct nuclear biological and chemical activities, detect a mine, emplace an M-18A-1 Claymore mine, recover a Heavy Expanded Mobility Tactical Truck, assemble an M-

16 rifle or M-9 pistol and operate Single Channel Ground and Airborne Radio System . Of course, none of the tasks were performed under ideal situations.

Each troop added conditions to the task to place the aspirants under physical and mental duress. For instance, Crazyhorse Troop challenged each team to assemble an M-16 rifle and an M-9 pistol from a box including parts for four different weapons.

To make the task even more difficult, they placed the team in a Prisoner of War Camp scenario. The soldiers were tasked to assemble the weapons within 10 minutes while in a dark tent. Overall, it was a challenging and arduous day for the aspirants, after which they were muddy, bruised and physically spent. However, one and all, they were proud of their accomplishment.

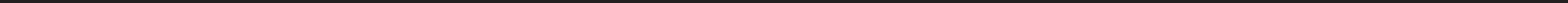
After each Spur Ride, a committee of spur holders meets to determine which soldier (specialist or corporal and below) demonstrated the most technical and tactical proficiency while maintaining the highest level of motivation. The soldier displaying these qualities is then presented with the Todd Roberts Memorial Award at a dining-in, which inducts spur aspirants into the Order of the Spur.

The Todd Roberts Award was created in memory of Spc. Todd Roberts who died in an accident while training for a deployment with Tiger Squadron. Specialist Roberts’ own demonstration of such qualities was the impetus for the creation of the memorial award and it is the highest honor for

spur aspirants inducted to the Order of the Spur. This year’s winner was Spc. Scott Roberts of Bandit Troop, 1st squadron, 3rd ACR.

The following is a list of spur aspirants who completed Tiger Squadron’s Spur Ride Sept. 16.

Staff Sgt. Mark Laury, Sgt. Ryan Bayne, Sgt. 1st Class Jeffery Bermudez, 2nd Lt. William Keating, Spc. Jason White, Spc. Vincent Senn, 2nd Lt. Jimmie Browning, Sgt. Joseph Harbour, Spc. Mark Wells, 2nd Lt. Michael Garcia, Staff Sgt. Mitchell Johnson, 2nd Lt. Chad Williams, Pfc. Brian Snyder, Sgt. Jacob Seech, Staff Sgt. Shannon Ross, Staff Sgt. Edward Clark, Staff Sgt. Robert Manibog, Sgt. Angelo Frago, Spc. Adam Patterson, Spc. Frederick Zapanta, Sgt. Thomas Schory, Sgt. Tommie Barnes, Sgt. David Glazebrook, Staff Sgt. Jonathan Callahan, Staff Sgt. Wayne Thompson, Pvt. Michael Williams, Spc. Christopher Church, 2nd Lt. Gerald New, Spc. Gregory Joseph, Spc. Scott Roberts, Sgt. 1st Class Christopher Becker, Sgt. Cory Stanley, Spc. Leonard Barbus, Jr., Sgt. 1st Class Roberto Lisboa, Spc. Jeremy Abercrombie, Pfc. Danny Cordona, 2nd Lt. Eric Ivie, 2nd Lt. Jason Gresh, Spc. Michael Glover, Sgt. Walter Start, Spc. Christopher McDaniel, Sgt. Robert Mitchell, Sgt. Mark Kleppe, Staff Sgt. Jared White, Sgt. Ronald Asuncion, Spc. Antoine Carson, Cpl. Justin Holder, Sgt. William Durham, Sgt. Kyle Kibler, Sgt. Jaydee Shuck, Sgt. James Vanmeter and Spc. Scott Mabee.



\$how me the money



Pallesen

by Sgt. Richard H. Pallesen

Every commander would jump at the chance if he or she were offered the ability to improve the quality of his or her unit. If given the chance to have a dozen more soldiers, 10 new pieces of equipment, and another \$100,000 for training, a commander would stand up and say an enthusiastic yes and

be extremely grateful.

Commands need to have enough well-trained soldiers and resources to complete the mission successfully.

All of the above would be nice but is not necessarily practical in the Army of today. However,

there is a program that is available right now to the command to help improve soldier morale and readiness when used to its full potential — the Command Financial Noncommissioned Officer Program. It is there to help soldiers with financial situations whether good or bad.

When a soldier is not worried about money problems he is better able to perform his daily duties. He is also better able to keep his mind on the mission if he is not wondering how his family is managing while he is deployed.

The CFNCO Program was started to provide soldiers with a place to go to ask questions about how to handle their finances.

The CFNCOs are trained on such things as life insurance, taxes, mutual funds, budget counseling and programs available in the local area that will

aid a soldier and his family.

When the CFN Program is used to its fullest extent, it can be a great asset to the soldier and command.

A retired master sergeant once said, “the Army holds every soldier responsible for their PT (physical training), weapons qualification, weight, and skills in their MOS (military occupation speciality). We provide training and other means to assist the soldier, but when it comes to finance we hold them responsible but give them no training.”

The commanders of Fort Carson should not look at the CFNCO Program as taking one soldier from their ranks, but as increasing the well-being, and therefore the readiness of their entire command.

Dining Schedule

Week of Saturday to Oct. 16

Weekday Dining Facilities	
3rd ACR Patton House (building 2161) 43rd ASG Cheyenne MTN Inn (building 1040) 10th Special Forces Group (building 7481) Butts Army Airfield (building 9612) 3rd BCT Iron Brigade (building 2061) reopens Tuesday	
Standard Meal Hours	
Mon., Tue., Wed. and Fri.	Thurs.
Breakfast 7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch 11:30 a.m. to 1 p.m.	noon to 1:30 p.m.
Dinner 5 to 6:30 p.m.	4 to 5:30 p.m.

Exceptions
<ul style="list-style-type: none">• 10th Special Forces Group meal hours are the same Monday to Friday, but do not apply on Thursdays. No dinner meal served on Fridays.• Butts Army Airfield is open for breakfast and lunch only, Monday through Friday.• Iron Bde. closed through Monday• Cav House closed through Nov. 2.• Mountaineer Inn closed through Nov. 1.

Weekend Dining Facilities/Meal Hours	
3rd ACR Patton House (building 2161) 43rd ASG Cheyenne Mountain (building 1040)	
Standard meal hours	
Brunch	9 a.m. to noon
Supper	3:30 to 6 p.m.
Family members are welcome for the brunch meal on Sunday.	
Friday to Monday (holiday weekend) only weekend dining facilities are open, serving brunch and supper.	

Bravo Co., 52nd Engineers work hard building low water crossing

by 2nd Lt. Brian Sherrick
Platoon leader

In August and September, Bravo Company of the 52nd Engineer Battalion (Heavy), began construction of the Low Water Crossing at the 7/11 Bypass. The Low Water Crossing consists of 950 feet of tank trail and three 30-foot-by-30-foot concrete pads. It took 110 cubic yards of concrete to fill the three pads.

Second and 3rd Squads from 2nd Platoon Bravo, a Vertical Construction Platoon, and 1st Squad from the Horizontal Construction Platoon, worked on the project.

The Vertical Construction Platoon has carpentry and masonry specialists in the platoon. The Horizontal Construction Platoon has heavy equipment operators such as dozer, scraper and grader operators. It took approximately two months to complete the project.

The Low Water Crossing project provided many challenges for the company. It required platoons to inte-

grate their work schedule to accomplish the mission. Leaders had to work with soldiers and equipment they were not accustomed to.

Since the Low Water Crossing was in a stream bed, progress on the project was weather dependent. In early August, a series of heavy rain-falls delayed the project more than three weeks.

The Horizontal Construction non-commissioned officers had to brainstorm on ways to dry out the stream bed for construction to continue. They accomplished this mission by digging a French drain and filling it with large rocks. Once the stream bed dried up, the Horizontal Construction Platoon placed the base material allowing the Vertical Construction Platoon to set up the form work and place the three 30-foot-by-30-foot concrete pads.

Bravo Company went through a lot of hard work in a challenging environment. The soldiers learned a lot from the experience and they turned out an excellent project.

New government travel card

As of Dec. 1, 1998, NationsBank Visa will be the Department of Defense new government travel card contractor.

The American Express Travel Cards will expire as of Nov. 29 and will no longer be valid for government travel. Cardholders are advised to cut up their cards and throw them away.

Applications for the American Express card will continue until Oct. 30. Only emergency applications can be accepted between Nov. 1 to 15.

NationsBank will forward new cards on or about the first week of October directly to the respective Area Program Coordinator for distribution to American Express card holders

Personnel already on temporary duty during the transition period of November and December should make arrangements with their office to pick up and forward their new cards prior to the American Express card expiration date.

The following are Fort Carson points of contact who are the gov-

ernment travel card Area Program Coordinators for units and directorates:

•John Tack 526-5077, building 6220, for all directorates and Headquarters USAG (civilian personnel only.)

•Staff Sgt. Gloria Smith 526-3413 or alternate 1st Lt. Wendy Ferguson 526-1585 building 1650 for HHC USAG.

•Capt. Brian Benko 526-2145 building 2140 or alternate 1st Lt. Romy O’Daniel 526-9547 building 2060 for 3 BDE.

•Sgt. 1st Class Ed J. Laroche or alternate Sgt. 1st Class John Cole 526-1943 building 2352 for 3rd ACR.

•Sgt. 1st Class Lisa Smith or alternate 1st Lt. W. O. Sullivan 526-2759 building 1225 for 43rd ACR.

All other personnel should go to their appropriate Area Program Coordinator, i.e. MEDDA/DEN-TAC, 5th Ar Bde, 10 SFC, et cetra.

WWII veterans visit 1st Bat.68th Armor

by 1st Lt. T. J. Brady
1st Bn 68th Armor

The 1st Battalion, 68th Armor recently conducted gunnery training in preparation for the unit’s upcoming deployment to the National Training Center, Fort Irwin, California, in October. In addition to the usual rigors of training, the battalion took time to share some insights with World War II veterans Charlie Owens and Jim Bates.Both gentlemen live in the Pikes Peak region. Earlier this year, Mr. Owens became aquatinted with 1-68th Armor Battalion Commander, Lt. Col. Ralf Zimmermann, while looking at the WWII vintage M4 Sherman tank outside of the battalion headquarters. Zimmermann struck up a conversation with him and the other meetings followed where Owens shared stories and photographs of his experiences.

As a member of E Company, 32nd Armor Regiment, Owens served as a driver, gunner, and tank commander from the 3rd Armored Divisions

landing on Normandy Beach a few days after D-Day in 1944, all the way through the end of the war. Along the way, he fought in numerous battles to include the Siegfried Line Campaign and the Battle of the Bulge.

Bates served as a combat motion picture photographer with the 165th Signal Photo Company. As one of a few photographers on Gen. Eisenhower’s staff, Bates was charged with capturing the war as it happened. This often included positioning himself ahead of advancing U.S. troops in order to capture their faces on film during the attack. Bates initially entered the war with the 82nd Airborne Division, making a combat jump into Normandy on the morning of June 6, 1944. Even though Owens and Bates crossed paths when the 3rd Armored Division. entered the German city of Cologne, they did not meet until years later when Owens saw film of his tank during a history program. The footage had been filmed by Bates.

Owens contacted him about 10 years ago and the two have been friends ever since.

When Zimmermann invited Owens and Bates to the unit’s tank gunnery training, both men eagerly accepted.

When they arrived, they were treated to a full overview of the M1A1 tank. Both men had the opportunity to fill each crew position, and inspect all of the features of the vehicle. noncommissioned officers from the unit explained the intricacies of the tank ammunition and gunnery. Zimmermann ensured that the soldiers understood and appreciated the great sacrifices made by their guests.

“It’s nice to be able to give something back to men who have paid their dues, said Zimmermann.

At the end of the day, all parties involved agreed that the event was a worthwhile experience, and similar events are planned for future training events.

Dining Schedule

Week of Saturday to Oct. 16

Weekday Dining Facilities	
3rd ACR Patton House (building 2161) 43rd ASG Cheyenne MTN Inn (building 1040) 10th Special Forces Group (building 7481) Butts Army Airfield (building 9612) 3rd BCT Iron Brigade (building 2061) reopens Oct. 13	
Standard Meal Hours	
Mon., Tue., Wed. and Fri.	Thurs.
Breakfast 7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch 11:30 a.m. to 1 p.m.	noon to 1:30 p.m.
Dinner 5 to 6:30 p.m.	4 to 5:30 p.m.

Exceptions
• 10th Special Forces Group meal hours are the same Monday to Friday, but do not apply on Thursdays. No dinner meal served on Fridays.
• Butts Army Airfield is open for breakfast and lunch only, Monday through Friday.
• Iron Bde. closed through Oct. 12
• Cav House closed through Nov. 2.
• Mountaineer Inn closed through Nov. 1.

Weekend Dining Facilities/Meal Hours	
3rd ACR Patton House (building 2161) 43rd ASG Cheyenne Mountain (building 1040)	
Standard meal hours	
Brunch	9 a.m. to noon
Supper	3:30 to 6 p.m.
Family members are welcome for the brunch meal on Sunday.	
Oct. 9 to 12 (training holiday) only weekend dining facilities are open, serving brunch and supper.	

Dining Schedule

Week of Saturday to Oct. 9

Weekday Dining Facilities			
3rd ACR Patton House (building 2161) 43rd ASG Cheyenne MTN Inn (building 1040) 10th Special Forces Group (building 7481) Butts Army Airfield (building 9612)			
Standard Meal Hours			
Mon., Tue., Wed. and Fri.	Thurs.		
Breakfast	7:30 to 9 a.m.		
Lunch	11:30 a.m. to 1 p.m.		
Dinner	5 to 6:30 p.m.		

Exceptions
<ul style="list-style-type: none">10th Special Forces Group meal hours are the same Monday to Friday, but do not apply on Thursdays. No dinner meal served on Fridays.Butts Army Airfield is open for breakfast and lunch only, Monday through Friday.Iron Bde. closed Sept. 26 through Oct. 12Cav House closed through Nov. 2.Mountaineer Inn closed through Nov. 1.

Weekend Dining Facilities/ Meal Hours	
3rd ACR Patton House (building 2161) 43rd ASG Cheyenne Mountain (building 1040)	
Standard meal hours	
Brunch	9 a.m. to noon
Supper	3:30 to 6 p.m.
Family members are welcome for the brunch meal on Sunday.	
Oct. 9 (training holiday) only weekend dinning facilities are open, serving brunch and supper.	

Sports & Leisure

Fitness gurus put on first class aerobic marathon

by Walt Johnson
Mountaineer staff

People were sweating and calling on every muscle in their bodies to give them just a little bit more as music blared from a loud speaker urging them on.

No this wasn't the world of professional wrestling, this was the post physical fitness center where more than 100 people took part in the first aerobic-a-thon here sponsored by the Forrest Fitness Center.

According to Inez Horn, aerobics coordinator, the key to the success of the event was the participation of the Fort Carson community.

"The people at Fort Carson who came out to support the event made it more than worthwhile for the instructors, and the people who put the event together. They had so much energy and a desire to participate that it gave the aerobic-a-thon, the energy we hoped to have and was pleased to be a part of it."

To say the Aerobic-a-thon was a success would be like saying the Titanic was a row boat. There were many people there who got just what they came for, a great aerobic workout, utilizing a number of different instructors with varying specialties.

Featured at the aerobic-a-thon were activities such as funk aerobics, hi-low aerobics, intro to aerobics, four-step and double-step, step for beginners, weights, kick boxing and super step.

Both high- and low-impact aerobic workouts were taught by certified instructors who also took advantage

of the opportunity to workout with their compatriots they normally don't get to see.

Among the instructors participating in the aerobic-a-thon were: Christine "Ms. Hardbody" Schlacter; Jon Fukushima; Elizabeth "Work them till they Sweat" Casciaro; Mary Orange; Horn and guest instructors Davina Overleas and Jill Wayre.

They took people through workouts on exercises such as: high/low-impact, kick boxing, introduction to step, beginners step, intermediate step, super step, double step, four step, upper body (bands), upper body (pushups), upper body (weights), abdominal work, and inner and outer thigh training.

Horn said this was a day of exercise conditioning and fun which was the goal of the aerobic-a-thon.

"We had a variety of excellent aerobic programs for people to choose from and we hope they got the type of workout they were seeking. We want to let the people of Fort Carson know that working out can be fun and beneficial, and we hope they understand that this is what we want to give them each day we teach a class.

"I want to thank everyone who helped put this together. It took a lot of effort from a lot of people to make this work.

"I want to especially thank Pedro Vigil who made the post physical fitness center available to the post patrons and the support he gave to the aerobic-a-thon. We also got a lot of help from the staff at the Forrest Fitness Center and that was a big help

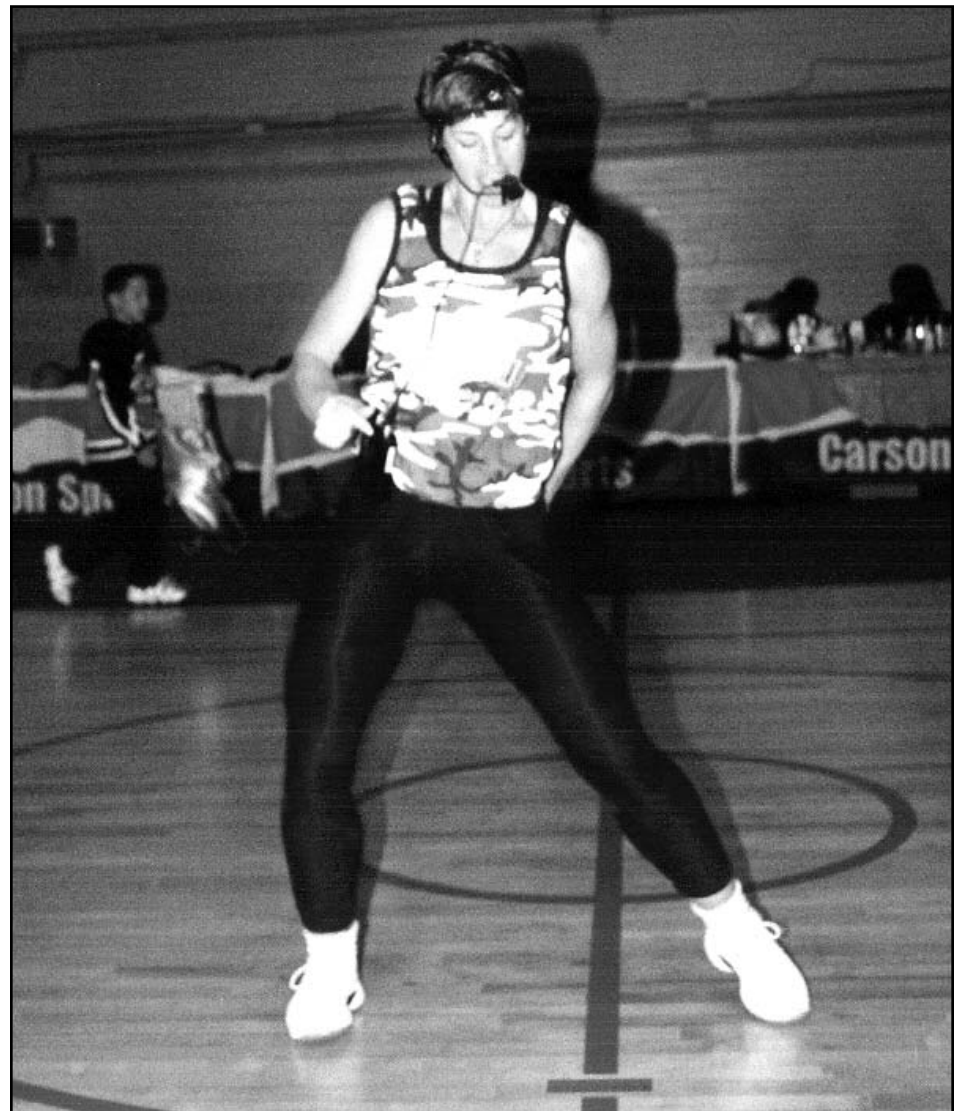


Photo by Walt Johnson

Christine Schlacter puts aerobic participants through the motions at the aerobic marathon, Saturday at the Post Physical Fitness Center

to us.

"All the instructor who took the time to share their expertise and valuable skills with the people of Fort Carson felt the time spent was worthwhile.

"We also had a number of won-

derful vendors who came out to let the people know what they can do to aid their pursuit of fitness."

Anyone who wishes further information on the daily aerobic activities on post can contact Horn at 526-2706.

On the Bench

Unbeaten

Trojans face

Huskies Friday

in Fountain



by Walt
Johnson
Mountaineer
staff
(The fol-
lowing article
on the
Fountain-Fort

Carson Trojans was written by Julie Jones)

The Fountain-Fort Carson Trojans football team improved it's 1998 season record to 5-0 after thumping the Falcon Falcons 48-14 Saturday in Falcon.

The Trojans got on the board early as they blocked the Falcons first punt of the game and scored when the Trojans' Jovan Freeman returned it 30 yards.

The joy of the early lead was short-lived however, as the Falcons tied the game at seven apiece by going 80 yards on their third posses- sion.

The Falcons' score seemed to get the Trojans' offense in gear as they scored on their next two series. In the

first series of plays Greg Trigg and Mike Kilgore were the stars, with Trigg capping off the drive with a four-yard touchdown run. That gave the Trojans a 14-7 lead and on their next possession they increased the lead to 21-7 as Trigg again found the end zone.

The Trojans started their next possession deep in their own territo- ry, at the six-yard line, but proceeded to put together their longest drive of the season, marching 94 yards, with Trigg again scoring from the four- yard line giving the Trojans a 27-7 advantage.

Just before the end of the first half, a Falcons' drive was stopped by the Trojans, who took over the ball deep in Falcon territory when they mishandled a punt. Nathan Headley capped off a short Trojan drive with a touchdown that gave the Trojans a commanding 34-7 lead at halftime

In the second half, Trigg scored his fourth touchdown of the game, and Headley threw a touchdown pass to Kilgore to close out the Trojan scoring on the day.

After the game Trojan head coach Mitch Johnson was pleased with his team's effort and looked ahead to the team's next game.

"We're where we want to be at this point in the season. I thought we played as well as we could play, knowing we had a big game coming up. We're healthy, and we'll be ready to go up against the other undefeated team in the Southern Conference (Florence)."

Trigg had his fifth consecutive 200-yard rushing game for the Trojans, gaining 249 yards on 24 car- ries. He now has over 1,000 yards for the season.

The Trojans will take on the undefeated Florence Huskies Friday at Barickman Stadium in Fountain at 7 p.m.

I watched the Monday Night Football game between the Minnesota Vikings (one of my legitimate favorite teams) and Green Bay Packers and couldn't believe what I was seeing.

Was it just me or did the Packers seem like a shot fighter who is still dangerous but not nearly as fearsome as when he was in his prime?

The Packers seemed to be a step slow all night long and I have never seen Brett Favre have such an unfor- gettable game.

Randall Cunningham threw some questionable passes but they always seem to find the hands of one of his receivers, especially the mercurial rookie Randy Moss.

Moss is a rookie but he looked like the seasoned veteran as he went over, around and through the Packers secondary.

Now I can understand the first four teams in the league (Indianapolis, San Diego, Arizona and Oakland) taking a pass on Moss in the draft, but what in the world were the Bears, Rams Saints and, dare I say, Cowboys thinking! I won- der if any of those teams would take

back their picks now?

Before the geniuses who run the major sports teams get their say, here are my picks for post sea- son awards.

- Rookie of the Year:
- American League, Ben Grieve, Oakland A's;
 - National League, Todd Helton Colorado Rockies.
- Cy Young Award:
- American League, Roger Clemons, Toronto Blue Jays;
 - National League, Tom Glavine, Atlanta Braves.
- Most Valuable Player:
- American League, Manny Ramirez, Cleveland Indians;
 - National League, Sammy Sosa, Chicago Cubs.
- Manager of the Year:
- American League, Joe Torre, Yankees;
 - National League, Bruce Bochy, San Diego Padres.

I am really trying to keep from jumping off the summit of Pikes Peak since I hear the NBA will not have any exhibition games this sea- son. What in the world am I going to do if I can't watch the Dallas Mavericks play the Golden State Warriors?

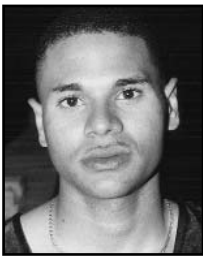
It would be great to see the fans not show up when they decide to grace us with their presence in December, but then again we'll be back, won't we?

Pigskin Picks

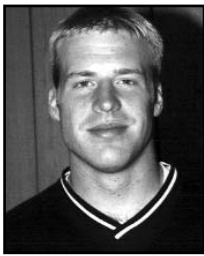
College/Pro: Week 6



Bill Reed
Forrest Fitness
Center Manager



Sgt. Orlando
Carmona
RHHT 3rd ACR



Sgt. Anthony
Johnson
GSC, 10th SFG (A)



Spc. Greg Kennedy
Spt. Co., 2 Bn. 10th
SFG (A)

Florida State at Miami	Florida State	Florida State	Florida State	Miami
Purdue at Wisconsin	Purdue	Purdue	Wisconsin	Purdue
Kansas State at Colorado	Colorado	Colorado	Colorado	Colorado
Army at Houston	Houston	Houston	Army	Army
UCLA at Arizona	Arizona	Arizona	Arizona	UCLA
LSU at Florida	LSU	LSU	LSU	Florida
Tennessee at Georgia	Tennessee	Georgia	Tennessee	Tennessee
Tulsa at Colorado State	Colorado State	Colorado State	Colorado State	Colorado State
Carolina at Dallas	Carolina	Carolina	Dallas	Dallas
Denver at Seattle	Denver	Denver	Denver	Denver
Kansas City at New England	Kansas City	New England	Kansas City	Kansas City
Atlanta at NY Giants	NY Giants	Atlanta	NY Giants	Atlanta
San Diego at Oakland	Oakland	Oakland	Oakland	Oakland
Washington at Philadelphia	Washington	Washington	Philadelphia	Washington
Miami at Jacksonville	Miami	Miami	Jacksonville	Jacksonville
San Francisco at New Orleans	San Francisco	San Francisco	New Orleans	San Francisco

Post women’s hoop team ready for huge season

by Walt Johnson
Mountaineer Staff

Last year, the post women’s basketball team played a lot of games as though their individual lives depended on the outcome, not the life of the team.

Sometimes they could not score enough points to beat a good high school team. Sometimes they just didn’t play like a good basketball team and frankly didn’t look like one either.

But all that is about to change, according to post varsity women’s team coach, Marcia Oliveira, who says this year’s team has many of the intangibles needed for winning that last years team may not have had. One thing is for sure, Oliveira is looking forward to coaching this year’s team.

“We have better players, with more talent and great attitudes on this year’s team. I have already been impressed with the level of teamwork

and commitment they have. The program has been completely overhauled from last year.”

The first sign of the overhaul is evident when you look at the roster for this year’s team. Only three players return this year from last, but they are the top three players at their position.

Point guard, and maybe last year’s most valuable player, Renee Black is back to lead the offense. She will be joined by rebounder-supreme Vinicky Beamer and center Cassie Salt, who was the team’s best free-throw shooter last year.

Normally that would be a good start for a team, and would guarantee at least a competitive team. But this year there is more — a lot more in — terms of talent. One thing Oliveira will have this year that she didn’t have last year is mature players and youth.

Joining this year’s team will be two players who still have the talent



to have serious ambitions of joining an American Basketball League team. Roberta Sheffield and Ycerene Claugue both have the kind of talent

that could land them on an ABL roster. According to Oliveira, both ladies will help the Lady Mountaineers improve on offense and defense.

Oliveira said this year’s team has the advantage of being able to start building its program early (they didn’t start until the middle of October last year) and will bring a more competitive schedule to the Mountain Post. Visiting Fort Carson this year to play the Lady Mountaineers will be Otero Junior College, Western Wyoming College and the Air Force Academy Junior Varsity and Prep School teams in addition to playing perennial rival Peterson Air Force Base.

Also playing on this year’s team will be: April Fauve, Sara Knight, Kathy Cade, Katina Miles, Claudia Medina, Candice Sater and Stephanie Dukes.

The Lady Mountaineers will play their first game Oct. 30 when they host the AFA Prep school team at 5 p.m. at Garcia gym on post.

Dinosaur Depot



Story and photos
by Nel Lampe
Mountaineer staff

Paleontologist Jon Stone describes the Morrison Formation, the pinkish layer in the background, to Garden Park visitors. The Morrison Formation is where Jurassic-age fossils are found.

A look into Jurassic Colorado



Paleontologists and volunteers at the depot have been removing the rock from the bones of the stegosaurus in preparation for its move to the Denver Museum of Natural History. The work has been completed and the specimen will be transported to Denver before the end of the year. The head of the stegosaurus is already at the Denver museum. Although the stegosaurus will be in trust at the Denver museum, two replicas will be made for display at the Dinosaur Depot.

Since this is the most complete stegosaurus specimen ever discovered, paleontologists have learned a lot from studying the specimen.

For instance, prior to this find, it was unsure whether or not the plates along the spine were one row or two.

Because this specimen is so complete, scientists have learned that the plates were in two staggered rows.

The treasure trove in Garden Park became known in the late 1800s, when a local teacher

of the world's best specimens of dinosaurs have been unearthed at Garden Park, near Canon City. Dinosaurs who resided near Canon City 145 million years ago are displayed in museums around the world.

Now is your chance to get up close and personal with a stegosaurus specimen presently being prepared at the Dinosaur Depot in Canon City.

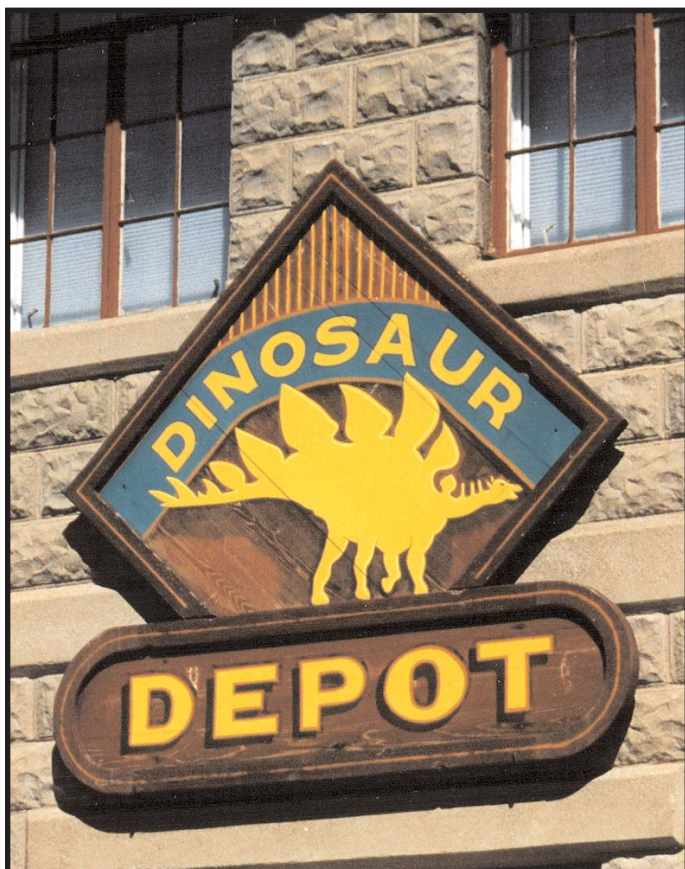
In June 1992, a paleontologist from the Denver Museum of Natural History discovered a stegosaurus vertebra. Further digging revealed the most complete stegosaurus specimen ever found. The specimen had both a complete skull and tail.

The stegosaurus (the dinosaur with two rows of plates along its spine and tail spikes) was a plant eater. Paleontologists at the Dinosaur Depot believe the stegosaurus went to a waterhole to drink. Because the stegosaurus had an infected tail spike, depot workers believe the injury kept him or her from climbing out of the water hole or actually caused its death.

After intensive digging by workers and volunteers, the stegosaurus specimen was stabilized, wrapped and covered with plaster. Then, the paleontologists were presented with another problem - how to get the six-and-a-half ton package out of the rugged dig area.

It was Fort Carson to the rescue. An Army Chinook helicopter lifted the specimen out of the valley. The package was loaded onto a truck and taken to Canon City.

See Dino, Page B2



Canon City's Dinosaur Depot formerly was a firehouse.

Harold's



A pull-out section
for the Fort Carson community

October 8, 1998



Above: Paleontologist Larvetta Cunningham, center, discusses the steps in preserving the Jurassic-age stegosaurus with depot visitors. Right: Replicas of various dinosaur bones are on display in the Dinosaur Depot.

Dino

From Page B1

discovered a fossil, which he put on display in the newspaper office. Eventually a geologist saw the piece and realized that it was a prehistoric bone. Until this time, the existence of Jurassic-aged dinosaurs was virtually unknown.

Garden Park quickly attracted paleontologists to the area. Two of them, Marsh and Cope, were competing against each other for the quickest and greatest discoveries. Their competition became known as the bone wars. The workers built shacks at the dig sites so they could protect their finds, although there may have been some thefts of prehistoric bones.

Hundreds of bones were taken from Garden Park in the latter part of the 19th century, and many of them are displayed in museums around the world.

Another stegosaurus and skull were found in 1886 in Garden Park, and are presently displayed at the Smithsonian. Another nearly complete stegosaurus was found in 1936.

In 1992, an old firehouse was renovated and became the Dinosaur Depot, where the work on the stegosaurus specimen took place. Plans are also underway to build a visitors center at the Garden Park area, and hopefully, bring some of the dinosaurs who left 100 years ago back home to Canon City.

Other discoveries are still being made at Garden Park. In May, a 15-year-old student from Colorado Springs was on a tour when he kicked at a rock. Is this something different? he asked. Indeed it was. He had discovered part of a 30-foot tree from the Jurassic period.

According to workers at the depot, it is very unusual to find trees and animals preserved in the same area, as trees usually

Just the Facts

Travel time 45 minutes
For ages all
Type dinosaur museum
Fun factor ★★½

(Out of 5 stars)

Wallet damage = \$

(Based on a family of four)

\$ = Less than \$20

\$\$ = \$21 to \$40

\$\$\$ = \$41 to \$75

\$\$\$\$ = \$76+



Community Events ACS

The Family Member Employment Assistance Program offers a Standard Form 171 and Optional Form 612 workshop Oct. 21 and Nov. 4 from 1 to 3 p.m.

These forms are basic federal employment applications. The workshop provides insight into completing applications and general hints about the most effective ways to describe professional experience.

To register or for more information, call 526-0452.

The Family Member Employment Assistance Program holds a resume workshop Wednesday and Oct. 28 from 1 to 3 p.m.

The workshops include a variety of resume styles. For registration and information, call 526-0452.

The New Parent Nurturing Program meets Oct. 19 through Dec. 7 at the Spiritual Fitness Center from 9:30 a.m. to noon every Monday.

The program covers many topics for new and expecting parents to include: attachment and bonding, building self-esteem, infant care, baby play, relaxing baby, infant massage and growth and development.

The class is offered to expecting parents and parents of children under 18 months. For more information, call 526-4590.

Youth

Fort Carson Boy Scout Troop 164 is looking for boys interested in becoming Scouts.

The troop meets every Wednesday at 6:30 p.m. at building 6262 across from Ironhorse Park in the old hospital area. Boys interested must be 11 years old or in the 6th grade. Adult volunteers are also welcome. For more information, call Bill or Debbie Martin at 576-8711.

Miscellaneous

Construction to Gate 1, Nelson Boulevard and Highway 115 is ongoing and should be completed this month.

Gate 1 is closed and traffic is detoured to Gate 2, O'Connell Boulevard, at Highway 115.

Child and Youth Services' "One-Stop" Central Registration Office has changed hours.

Walk-in days are Monday and Thursday from 7:30 a.m. to 7 p.m. Appointment days are Tuesday, Wednesday and Friday from 7:30 a.m. to 5 p.m. Customers using the east (main) and (annex) west centers must do their annual re-registration at those facilities from 10:45 a.m. to 2 p.m.

To re-register or register, customers need to bring child's immunization records and a copy of their spouse's leave and earning statement. The annual registration fee is \$15. For more information, call 526-2737 or 526-3171.

Disability Awareness Program training will take place via video at the Elkhorn Conference Center Oct. 27 from 10:30 to 11:15 a.m.

The two videos to be shown are "(Dis) Ability Awareness" and "Welcome to the Team, Disability Etiquette in the Workplace."

Registration is required by Oct. 21. For more information, call Angelina Sanchez at 526-4413.

Disability Awareness Program luncheon is Oct. 27 at the Elkhorn Conference Center from 11:30 a.m. to 1 p.m.

Guest speaker will be Tammy O'Neal, an Oncology Educator at Penrose Hospital. Topics to be discussed are cancer awareness, diagnosis and treatment.

The menu for the luncheon is a cup of California medley soup or a house salad with choice of dressing, pasta salad, breadsticks, iced tea or coffee and a cookie for \$8. Tickets can be purchased through Oct. 20 at the Equal Employment Opportunity Office, building 1659, or call 526-4413.

A senior spouses social for master or first sergeants promotable and sergeants major is scheduled for Oct. 28 at the Little House of the Rockies beginning at 7 p.m.

A donation of a canned or dry food item for the food locker at Little House of the Rockies is

requested. Fresh meat items that may be frozen will also be accepted. RSVP by Oct. 26. For more information, call 527-0425.

The Fort Carson Officer and Civilian Spouses Charitable Organization is holding a Halloween costume party Oct. 15 at the Elkhorn Conference Center beginning at 6:30 p.m.

There will be a guest speaker on the world of antiques and collectible glassware as well as a silent auction featuring several pieces of silver. The function is open to all officer spouses, active and retired, and civilian employees GS-7 and above and their spouses. RSVP for the party by calling Susan Brown (A-L) at 531-7511 or Pat Gauthier 527-6297 (M-Z).

Crafters and vendors are still needed for the Christmas Fair Nov. 7 and 8 at the Post Physical Fitness Center. Crafters and retail shops are welcome. For more information, call 538-0730.

The Army Career and Alumni Program is sponsoring a special recruiter day to inform eligible veterans about paid on-the-job training and apprenticeships Oct. 21 from 10 a.m. to 3 p.m. in building 1118, room 133.

There will be information on career opportunities in the Information and Technology fields and the Medical and Allied Health fields. For more information, call 526-1002.

The Army Career and Alumni Program center hours are: Monday through Wednesday from 7:30 a.m. to 4:30 p.m., Thursday from 9 a.m. to 4:30 p.m. and Friday from 7:30 a.m. to 3 p.m.

The center is in building 1118, room 133.

The 4th Personnel Service Battalion, ID card/DEERS section will begin new operating hours Tuesday.

Hours will be Monday, Tuesday, Wednesday and Friday from 7:30 a.m. to 4 p.m. and Thursday from 8 a.m. to 2:30 p.m. For more information, call 526-8422 or 526-8423.

The Fifth Annual Celebration of Children is Oct. 18 at Mitchell High School from 2 to 4 p.m.

The event will feature Karl Anthony presenting a fast-paced, fun-filled musical program with inspiring messages. The event is free and open to the public. The first 200 families receive a free gift. For more information, call 635-1536 ext. 276.

Military Briefs

The Commanding General's Newcomers' Expo and Briefing is Oct. 16 from 1 to 3:15 p.m. at the Elkhorn Conference Center.

Spouses are welcome and child care should be prearranged by calling 526-5977. The briefing is mandatory for all newly assigned soldiers and officers to Fort Carson. BDUs is the duty uniform. For more information, call 526-0428.

First Squadron, 3rd Armored Cavalry Regiment is using the Nuclear, Biological and Chemical Chamber Oct. 16. For more information, call 526-9663.

The Department of the Army has implemented new tuition assistance policies effective this month. For more information, contact an education counselor at the Mountain Post Training and Education Center, building 1117, or call 526-5226.

The U.S. Army Ranger Association will host its Annual Ranger Muster for 1998 in Colorado Springs from Oct. 29 to Nov. 1. To register or for more information, call Len Boulas at (303) 452-5627 or Jim Van Camp at (719) 599-4564.

Bravo Company, 4th Engineer Battalion, will conduct demolition training Tuesday to Oct. 15 at Range 121A. For more information, call 526-5341.

The Directorate of Logistics has announced the following Fiscal Year 1999 class schedules:

- Forklift Safety Training, Tuesday, Wednesday, Oct. 27 and 28; Dec. 8; Jan. 6; Feb. 9; and May 25.
- Driver Examiner Course, Oct. 19, Nov. 30, March 8, April 5, May 10, June 7 and Aug. 16.
- Bus Driver Course, Nov. 2 and 16; Jan. 25; Feb. 1 and 22; March 1, 15, 22 and 29; April 12,

19 and 26; May 3 and 17; June 14 and 21; July 12, 19 and 26; Aug. 2, 9 and 23; and Sept. 13, 20 and 27.

See your unit training NCO to schedule classes with Individual Military Training.

Accident Avoidance Training is conducted Oct. 16 at McMahon Theater. The training session is from 8 a.m. to noon. Doors open at 7:30 a.m. All attendees must sign the attendance roster for their respective directorate/activity and be seated by 8 a.m. The training is mandatory for all vehicle drivers not assigned to tactical units.

The Chemical Detachment of 10th Special Forces Group (Airborne) is using CS gas in training area 45 from Oct. 25 to 27.

All file areas are to submit their list of file numbers for approval by Nov. 3. LFNs must be submitted on Forces Command Form 350-R, List of File Numbers, dated Oct. 1, 1989, to the Directorate of Installation Management, management services branch, records management. For more information, call 526-2107.

The barracks phone service has new hours. Monday through Friday 8 a.m. to 5 p.m. and Saturday 10 a.m. to 2 p.m. The service will be open all day long. The phone service is located at 1851 Porter Drive or by phone at (719) 579-7462.

Applications are now being accepted for the Judge Advocate General's Funded Legal Education Program. This program allows the selection of 15 Army officers to attend law school at government expense while on active duty. Candidates must have at least two, but no more than six years of active duty at the time law school commences.

Eligible officers interested in applying should register for the fall Law School Admission Test. Applications must be sent through the candidates' chain of command and be received by their branch no later than Nov. 1.

For more information, call 526-1441.

Effective Dec. 1, American Express will no longer be the government travel card contractor. All Government American Express Cards expire Nov. 30, and they will no longer be available for travel use. Cards should be cut up and thrown away. NationsBank Visa is the new government travel card.

Halon 1301 fire extinguishers are routinely accepted for turn-in at the Directorate of Logistics' Inspection and Classification Branch, building 229. Because of the hazards associated with the pressurized chemical, special packaging and safeguarding procedures have been established. Customers and units are reminded that these procedures are to be followed at all times, and noncompliance will result in delays of property turn-in. For more information, call 526-5984.

The 104th Division (Institutional Training), a Reserve division headquartered in Vancouver, Wash., has openings for Reserve drill sergeants in Washington, Oregon and California and openings for Reserve instructors in a variety of military occupational specialties throughout the 12 western states. The 104th Div. will train soldiers to become drill sergeants or instructor qualified. Soldiers leaving active duty who wish to continue their military careers part-time are encouraged to inquire. If interested, contact the Division Retention Office at (800) 517-8379 ext. 4182, 4183 or 4184.

Fraud, waste, abuse hotline

The Fort Carson Criminal Investigation Command has begun full operation of its Fraud, Waste and Abuse Hotline. The hotline allows members of the community to report incidents of suspected fraud, waste and abuse.

To report suspected cases of fraud against the government, **call the hotline at 524-1120.** Callers can remain anonymous and all information is confidential. Callers must, however, leave enough information about the incident for a follow-up investigation.

Sports & Leisure Athletics

The Fort Carson Sports Division will defend its Commander's Trophy Sunday at the annual Army 10-mile race.

The post has sent men's, women's and men's masters running teams to Washington D.C. to defend the Commander's Cup trophy won last year.

The men's open team will consist of Sammy Ngatia, Perez Noe, Joseph Shrigley, Simon Oswald, Craig Webb, Ron Dean, Mike Berke, Tim Johnson, Thelmar Wilson, Lavon Shelton and Keith Wheeler.

The women's open team will consist of Jane Schillaci, Sara Knight, Lilia Easter, Brigitte Netteshelm, Taynee Teetor and Carolyn Martus.

The men's masters team will consist of Michael Barnes, Tim Carlsson, N.L. Murphy, Michael Tarvin, Bill Phifer and Tim Dotson.

The Outdoor Recreation Center is currently holding a wall climbing certification course through Oct. 28 at the Fort Carson Outdoor Recreation Complex.

The climbing wall looks and feels like natural rock in every detail. It is a mold from a climb in Yosemite National Park and is 19-feet by 30-feet.

The three-hour class gives instruction on policy and procedures for wall climbing. The certification is good for one year and allows a person to climb

any time after that for a minimal amount.

Outdoor recreation provides all equipment. The cost for the class is \$9 per person with a two-person minimum. For more information, call 526-2083.

Forrest Physical Fitness Center will sponsor its quarterly racquetball tournament Nov. 19 to 21. The tournament is open to the Colorado Springs military community, active duty and family members older than 16, retirees and Department of Defense civilians. The double elimination tournament has no entry fee. Categories are Men A/B/C, Women and Mixed Doubles. There will be awards for first and second places.

For more information, call Bill Reed at 526-2706.

Tickets for the Colorado Gold Kings professional hockey team and the Colorado College Tigers Hockey team are currently on sale at Information, Tour and Travel.

Tickets for either team's games will sell for \$12 per person and will be available for all home games for the two teams at the World Arena.

For more information on the Gold Kings, tune into Hot Talk 1460 on your AM radio dial.

For more information on the Tigers, tune into "The Jock" 1240 on your AM radio dial.

The Pride Soccer Club of Colorado Springs is looking for boys, born between Aug. 1, 1985, and July 31, 1986, to play on one of its competitive soccer teams for the upcoming fall and spring seasons.

This is a great opportunity for young men to play competitive level soccer. The Pride plays in the Colorado State Youth Soccer Association. The games are usually played each Saturday once the season begins. The season consists of 10 games. Five games are at home and five games are away, usually in the Denver area.

The fall season is scheduled to run through Oct 31. The spring season will begin sometime in March.

Cost for participation is \$110 per person. Anyone interested in further information can contact Bob Kimsey at 535-6754 at work, or 594-0787 at home. For information on other soccer playing opportunities for boys and girls, call 597-6700.

The Rocky Mountain Sports Officials Association is looking for anyone interested in officiating a variety of sports on post and in the Colorado Springs area.

RMSO officiates the following youth and adult sports programs on a full-time basis: softball, football, volleyball, soccer and basketball. RMSO will train people who have never officiated in the past and will have refresher training for anyone desiring it.

Currently, the association needs volleyball, football and basketball officials and scorekeepers.

For more information, contact Bob Lantzy, association president, at 380-9321 or Walt Johnson at 390-4637.

Get Out!

Italian-American display

On display in the El Pueblo Museum, 324 W. 1st Street in Pueblo, is an exhibit which examines the old traditions, social and home life of Pueblo's Italian-American community from the 1880s through the 1940s. The exhibit, "Italian Images: The Old Country in Southern Colorado" continues until June.

Gershwin, Porter and Berlin

"An Evening with the Boys," a musical tribute to George Gershwin, Cole Porter and Irving Berlin is Oct. 18, 8 p.m., at the Castaways Restaurant and Showroom, 107 Manitou Ave. Jerry Brown — singer, guitarist, entertainer — presents the program. Tickets are \$12.50. For reservations, call 475-1702.

Great Pumpkin Fest

The 10th annual Pumpkin Festival at Denver Botanic Gardens' Chatfield Arboretum in Denver is Saturday from 9 a.m. until 4 p.m. At least 10,000 pumpkins will be ready for picking. Also included in the festivities are free hay rides and horse-drawn wagon rides, a hay bale maze, holiday craft market, children's craft activities and much more. Chatfield Arboretum is at 8500 Deer Creek Canyon Road on the southwest corner of South Wadsworth Boulevard and Deer Creek Canyon Road in Denver.

Arts and Crafts Bazaar

Homemade foods, handcrafted quilts, dolls, afghans and pillows are just some of the crafts available at the Fall Arts and Crafts Bazaar held at



Courtesy photo

One of more than 200 British paintings on display at the Denver Art Museum is "Three Young Girls," painted in 1620.

the Fountain Valley Center. Bazaar hours are from 9 a.m. until 3 p.m.

The center is located at 4745 Southmoor Dr., in Fountain.

British Paintings

An exceptional collection of 200 British paintings will be on display for the first time at the Denver Art Museum, Saturday through March 28, "600 Years of British Painting: The Berger

Collection." The Denver Art Museum is at 100 W. 14th Avenue Parkway. There is an admission charge.

Amish Quilt Sale

An Amish Quilt and Craft Sale on Oct. 16 and 17, is at the Youth Outreach Center, 2528 Airport Road. Hours of the sale Oct. 16 are from noon to 8 p.m. and Oct. 17, from 9 a.m. until 5 p.m. There is no admission charge.